

C2C

Easter's but a distant memory even if the few extra pounds are a souvenir of roast lamb and too much chocolate. And if you also indulged in Eid-al-Fitr as well (religiously fluid) then all the more reason to finally throw a leg across the bike and get out to start some riding.

"But I've been waiting to do the Lincoln 10k / London marathon" you say. Good for you, but C2C24 is shortly upon us, and you'll be risking missing the BBQ if you don't do some training.

Sandra, that new bike is not going to ride itself, you know? NBS* is short lived as it is, but it is only effective if you actually ride the damn thing.

For those new to (road) cycling, or returning for the first time since you were 14 doing the paper round, here are some tips: <https://road.cc/content/feature/beginner-road-cycling-tips-306503>

For those embarking on their first Century (and those of a short term memory disposition) head on over to <https://road.cc/content/feature/how-conquer-long-bike-rides-without-getting-tired-306769> to see some tips on long days on the bike.

We are definitely **not** about how fast you can finish it, but we are very much of the opinion that you should be able to stand — unaided — at the bar, burger in one hand and beer in the other, whilst you wallow in the glory of your achievement and enjoy your post ride dopamine high. Being green about the gills and legs doing the Charleston is not the look we are seeking. It's not easy looking good in Lycra (Mr Hoy excepted) but it is very easy to make it look worse.



In a desperate bid to find a survey that supports our view of the world, we recently read this: https://www.cyclinguk.org/article/how-cycling-can-improve-mental-health-0#msdyntrid=L6U6qiJV2nvchfbEdIpc5s48FXPv6Zw-Bz_tWX_YJdM

So cycling is good for your mental health - who'd have thunk it. If anyone would like to pay me a research fund of, say, £20,000 to prove that beer and fags are not good for you, please reply to gullible@lincsc2c@gmail.com. Results will be out if I make it to 79 and may require further funding next year.

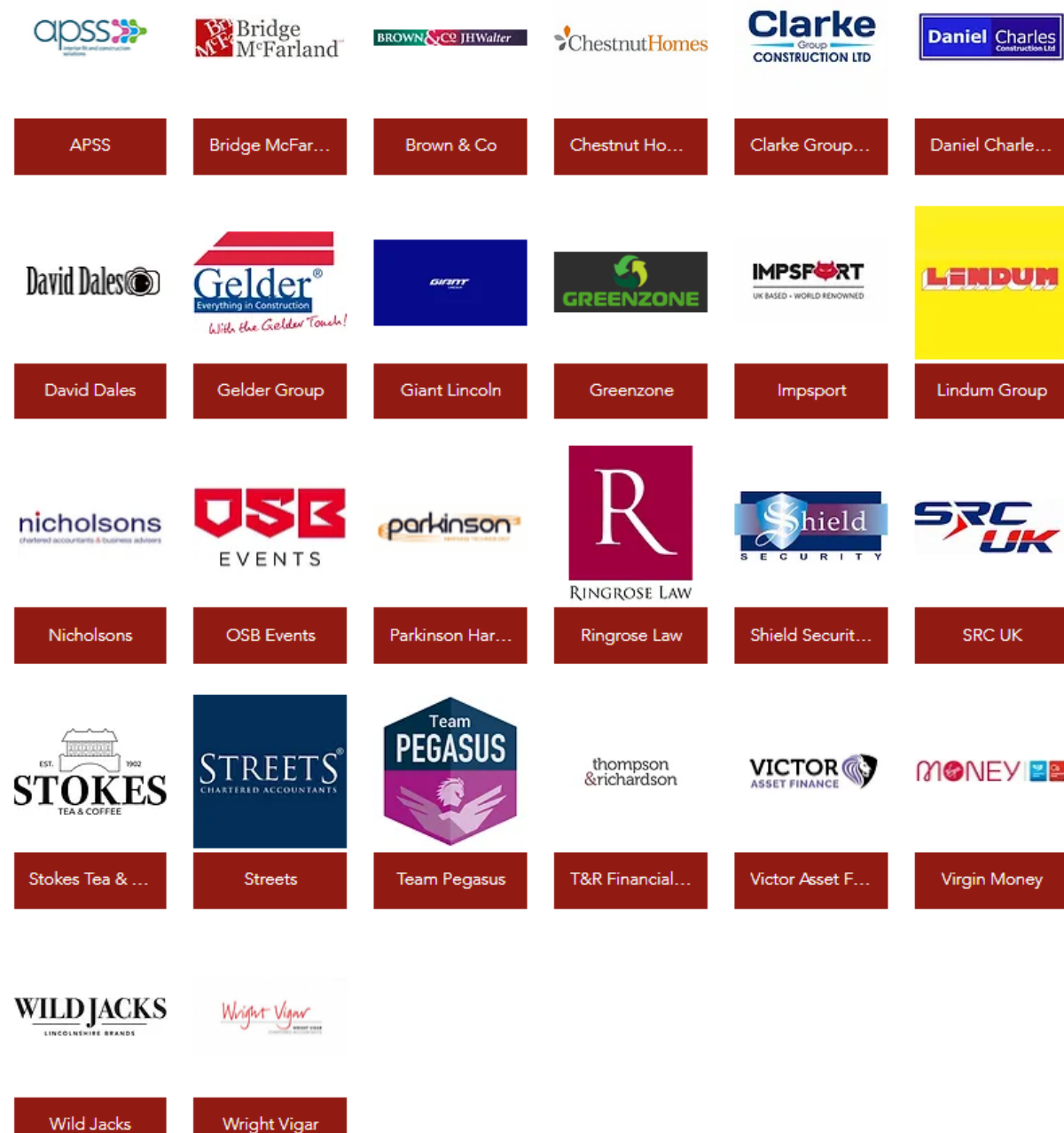


The route this year will be remarkably similar to last year, but with a few amendments to undo the amendments we put in place last year to combat the road closures, burst pipes and ninja road works. No promises at this stage, but if you want to get a feel for the route you can head on over to our route page [which is still showing the 2023 route](#). Once we have tested the course and also checked for planned roadworks, we will update the route names to 2024. Even so, the route is then still subject to minor tweaks right up until the day itself, as demonstrated last year when we even had to detour on the day itself. The rumours of a C2C23 cyclist still riding around Utterby are simply not true. Grainthorpe possibly but not Utterby.

Talking of search and rescue, our principal charity this year is Lincs Lowland Search and Rescue (<https://www.lincslsar.org/>) and we will also be supporting [Buddies Dementia Café](#), [Buddy Bag Foundation](#), [Fighting Fit | Lincoln City Foundation | England](#), [Lincs & Notts Air Ambulance](#) and [Mablethorpe RNLI](#). All of these charities rely on public donations to do important work in our County and we hope that you will consider supporting them through any of your own fundraising efforts. Our ride is all about local people and business supporting local charities.

All of the rider donations go to these charities thanks to the magnanimous support of our superb sponsors who help us to cover the costs of the event. That is getting harder to do each year as costs rise and our team of *volunteers* work hard to maintain the standards we have set ourselves of being the best 100 around. If you, or your business would like to sponsor us in 2025, please do get in touch. Not all heroes wear capes, even if most of them do wear lycra.

Our 2024 sponsors (many of whom have sponsored us for many years) are:



In our next email we will have some more information on the day itself - 27June 2024.

That's it — quit procrastinating and get on your bike.

*New Bike Syndrome

Team C2C2C
Dopamine Dealers